What is claimed is:

1. A method for producing extended-release tablets comprising the steps of:
mixing arginine with a sustained release matrix; and
compressing said mixture to form tablets.

2. The method of claim 1, wherein said L-arginine is selected from the group consisting of L-arginine hydrochlorie, pharmacologically acceptable arginine salts, and mixtures thereof.

3. The method of claim 1, wherein said arginine comprises about 15% to about 60% by weight of the tablet.

4. The method of claim 1, wherein said arginine is present in an amount sufficient to produce tablets in a range from about 150 mg to about 2000 mg of said L-arginine.

5. The method of claim 1, wherein said active ingredient is present in an amount sufficient to produce tablets with about 750 mg of L-arginine.

6. The method of claim 1, wherein said arginine is present in an amount sufficient to produce tablets with about 350 mg L-arginine.

7. The method of claim 1, wherein said L-arginine and said sustained release matrix are dry mixed with a glidant and a filler.

8. The method of claim 7, wherein said glidant is selected from the group consisting of colloidal silica, precipitated silica, and mixtures thereof.

9. The method of claim 1, wherein said sustained release matrix is hydroxypropylmethylcellulose (HPMC).

10. The method of claim 1, wherein said tablet is coated with a coating, said coating being a cellulose ether-based coating alone or in combination with ethyl cellulose.

11. The method of claim 1, further including the step of mixing in an agent which enhances the bio-transformation of L-arginine into Nitric Oxide.

12. The method of claim 11, wherein said agent is selected from the group consisting of a NOS agonist, an HMG-CoA reductase inhibitor, and an ACE inhibitor.

13. A composition comprised of arginine; and
a sustained release polymeric matrix.

14. The composition of claim 13, further including a nitrate,

15. The composition of claim 13, further including an Hmg-CoA reductase inhibitor.

16. An extended-release pharmaceutical tablet comprised of a sustained release matrix and arginine.

17. The tablet of claim 16, further including an agent which enhances the bio-transformation of arginine into Nitric Oxide.

18. The tablet of claim 17, wherein said agent is selected from the group consisting of a NOS agonist, a nitrate, an HMG-CoA reductase inhibitor, an ACE inhibitor, a nutraceutical.

19. The tablet of claim 18, wherein said arginine is about 20% to about 60% by weight of said tablet.

20. The tablet of claim 16, wherein said arginine is selected from the group consisting of L-arginine, L-arginine hydrochloride, pharmacologically acceptable arginine salts, and mixtures thereof.